

## Hong Lok House expands to house more Chinese seniors

BY LING-MEI WONG



Hong Lok House residents with Ruth Moy (second from right). (Image courtesy of Rogerson Communities.)

Hong Lok House may look old on the outside, but that's just its façade. Past its four different exteriors, a new steel building with high ceilings, wood floors and large windows overlooks Essex Street.

Located next to public transportation, restaurants and luxury condos, Hong Lok House is exclusively for affordable housing. A total of 74 units, including studios and one-bedroom apartments, will rent for less than \$500 a month on average. Amenities include a senior center open to the community, a rooftop garden, taichi deck and in-unit emergency call buttons.

The original Hong Lok House used to be the Normandy Lounge, which was bought by the Greater Boston Chinese Golden Age Center. It opened in 1981 with 28 units of affordable housing for low-income elders.

"Before, it was a terrible place," said Ruth Moy, executive director of the Greater Boston Chinese Golden Age Center. "Building Hong Lok House really brought up the neighborhood."

The 39 current residents will move to a newly completed section of Hong Lok House in a few weeks, along with four formerly homeless individuals. The original wood building will have its façade

preserved and be replaced by the new interior building.

"What's important is being able to live in Chinatown where the services are," said Anne Morton Smith, vice president of development and community relations for Rogerson Communities, an elder-service nonprofit developer that developed the new Hong Lok House and manages the building. "The number of dialects spoken at Tufts Medical Center by the nurses and doctors is significant. The food and transportation Hong Lok residents need are all right here in this community."

Redeveloping Hong Lok House cost nearly \$33 million, with 23 sources of public and private funds. The waiting list is seven to eight years long due to demand, according to Moy. Phase two's wait list is closed until the end of 2013.



Hong Lok House at Essex Street, which kept the original façades in front of a new steel building. (Image by Ling-Mei Wong.)

## 英文成人基礎教育項目的重要性

黃秋虹報導

儘管連邦承諾在英文學習以及成人基礎教育上投資贊助，但是研究顯示很多項目只能為少數的移民提供此類服務。

麻州州長派屈克在其FY2014提案中提出向州立公民項目分配資助100萬美金，同期增長321%。

州長派屈克在近期出席一個媒體討論會中說道：「麻州，就好像美國這個國家一樣，是因為這些來自五湖四海的朋友才變得更加富裕美好。這些移民為我們的國家和社會做出了很大的貢獻。他們使我們更加富強和壯大。因此如何對待這些移民將會決定我們的將來。」

的確，新移民的未來由他們的英文程度決定。根據波士頓基金會的調查報告顯示，在麻州，一個會說流利英語的移民平均年收入是\$38,526。而一個英語不太好的移民年收入僅是\$14,221。

調查還發現大波士頓地區236,933名英語能力有限的移民中，少於5%的人參加政府資助的小學及中學教育。

小學和中學的教育系統會向成年人提供一些基礎教育計劃。其中一個計劃是『成人社區學習服務』。這個服務向成人免費提供各種課程以及教育資源。另一個計劃是『事業與技術教育』。該服務旗下有很多分支創意計劃，意在向成人提供初中以及高中等更高的教育。2010年，24.5%『事業與技術教育』的畢業生畢業後直接決定就業，50%的學生直接就讀公共大



州長派屈克。圖片由州長辦事處提供。

學。但是項目中僅有一小部份的學生在成人基礎教育項目裡面。

但是人數容量的問題也放緩了成人教育計劃的前進。波士頓基金會的調查表明，平均每個計劃後補名單上有接近10,000人。有的時候名單上面的人需要等兩年才能被選上接受教育。還有很多移民不想申請或者根本不知道這些資源的存在。

麻州非常需要成人基礎教育和英文課堂的存在來幫助促進社會經濟以及個人事業發展。在華埠，很多機構比如華美福利會、華埠社區中心和建橋者等組織向外提供英文教學。但是對於這些資源的需求遠遠大於了現有的數量。而麻州州長派屈克對英文教學的投資則邁向正確的方向。

## Quincy Lunar New Year celebrates Year of the Snake

BY PHOENIX TSO

After a weather delay from Feb. 24, the 25th Annual Chinese Lunar New Year festival — organized by Quincy Asian Resources Institute and staffed by 200 volunteers — took place March 10 at North Quincy High School.

At least 7,000 people attended the celebration, witnessing an opening lion dance, performances on two stages and eating Asian food from several local restaurants. They also participated in various activities, including making a wish on a Chinese New Year wishing tree, that reflected the tradition and spirit of the Spring Festival.

"The New Year festival has many goals: To celebrate the culture of Quincy's Asians, to connect Asians and non-Asians, and to reach out to the commu-

nity with partners that provide essential services," said John Brothers, executive director of QARI.

To that end, 100 vendors set up tables in the high school gymnasium to offer information on essential services ranging from real estate, public health and employment that were tailored to Quincy's Chinese and Vietnamese populations. The outreach portion also included volunteers bearing clipboards of voter registration forms in Chinese and the South Shore YMCA's family fun area. In addition, State Street Global Outreach sponsored a "Green Area" where volunteers taught children how to make snakes and standing drums out of recycled materials.

"It's very rare that you bring this

many people together," Brothers said. "It's especially hard to reach out and connect with new people in the community. We didn't want to set our goals too high, but we have generally had very positive feedback on our outreach."



Chinese New Year wishing tree at the Quincy festival. (Image by Phoenix Tso.)

### HIGHLIGHTS

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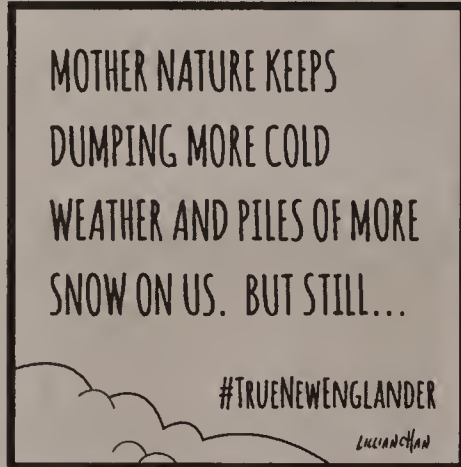
**Discovering simple Icelandic fare**  
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## COMIC

## EMPTYBAMBOOGIRL

THE MUNDANE &amp; SUBLIME ADVENTURES OF A GIRL NAMED AH-LIM!



.....BY LILLIAN CHAN

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## Event Calendar

## 2013 GO Expo

Mar. 23 - 24

9 a.m. - 5 p.m.

Student Organization Center at Hilles

Harvard University

59 Shepard Street

Cambridge, MA 02138

American Collegiate GO Association is holding its 2013 GO Expo. Over 200 people will get together to learn and play GO. A Chinese GO delegation including Chang Hao, the former world champion and others officials from the Shanghai Ing Foundation, will attend. They will screen the "Surround Game," the first documentary telling the incredible story of GO. For more information please visit [www.college-go.org/events/spring\\_expo\\_2013/](http://www.college-go.org/events/spring_expo_2013/).

## JP Concerts

Saturday, Mar. 23

4 p.m.

St. John's Episcopal Church

Roanoke Avenue

Jamaica Plain, MA 02130

JP Concerts is presenting Two Times Two, a program of chamber music featuring the Burdick/Ross Duo (Aubrey Burdick, violin and Valerie Ross, piano) and Due Celli (Javier Caballero and John Bumstead, cellos) performing works by Francesco Geminiani, Charles Ives, Friedrich Kummer, Rahbani Brothers, Maurice Ravel, Alfred Schnittke, Jay Ungar, Antonio Cabán Vale. Tickets are \$10 at the door. For more information and directions please see [jpconcerts.org](http://jpconcerts.org).

## Asian Breast Cancer Project and Asian Women for Health joint celebration

Thursday, Mar. 28

6 - 8 p.m.

Tufts Medical Center

Lower Level Wolff Auditorium

800 Washington Street, Boston, MA 02111

Asian Breast Cancer Project and Asian Women for Health will hold a joint celebration, which welcomes people to join and hear about their accomplishments and look

to their future. Attendants will also meet the award recipients. Refreshments are provided. To reserve a space please visit <http://abc13.eventbrite.com/> by March 26. For more information please contact Chien-Chi Huang, ABC Project Director at (617) 870-4056 or [abcH2H@gmail.com](mailto:abcH2H@gmail.com).

## Tzu Chi scholarship

Tzu Chi Foundation aims to help high school graduates who plan to attend college in 2013 by offering a \$1,000 scholarship. Applicants are required to maintain a 3.0 GPA, and to fill out the application form with high school GPA, 1040 tax form, two recommendation letters, personal statement, future study/work plan, and an essay explaining applicant's understanding of Tzu Chi Foundation. The foundation is receiving applications until March 31, and the results will be published on May 16. For more information please contact Yuci Xu at

(617) 803-0982.

## Angel Performance Art Sunday, Mar. 24

7 p.m.

Casey Theatre

Regis College

235 Wellesley Street

Weston, MA 02493

Angel Dance Company will be holding 2013 Angel Dance Celebration, which will include modern and folk dances. Prices are \$20 to \$100. For more information please contact (617) 230-3854 or [www.angelperformanceart.com](http://www.angelperformanceart.com).

## 2013 Walk for Hunger

Sunday, May 5

7 a.m.

Boston Common

Tremont St, Boston, MA 02108

Project Bread's 45th Walk for Hunger will be held on May 5th. The 20-mile route weaves through Boston, Brookline, Newton, Watertown, and Cambridge, and includes entertainment and free snacks along the way. Over 40,000 Walkers will step out and raise \$3.5 million

to help provide those in need with sustainable, reliable access to nutritious food. The rolling start is from 7 to 9 a.m. on the Boston Common.

Contact: (617) 723-5000 or [www.projectbread.org](http://www.projectbread.org)

## CHSNE scholarship

The Chinese Historical Society of New England (CHSNE) and the Boston Harborside Home of J.S. Waterman & Sons-Waring-Langone Funeral Home announce their annual scholarship competition for 2013. Two Scholarships will be awarded to high school seniors of Chinese ancestry entering a New England college in the fall of 2013. Each scholarship is \$500 per year. The deadline of submission is May 31, 2013 and winners will be announced September 2013.

For more details please visit website: <http://chsne.org/scholarships.htm>

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## Wong and Yee family associations celebrate Chinese New Year

BY JOANNE WONG

The Yee and Wong Family Associations celebrated the Year of the Snake at Chinatown's Empire Garden Restaurant. The Yee event was on March 9, while the Wong dinner was on March 10.

Highlights included lion dancing and martial arts performances by community-based organizations, as well as singing and dancing by association members and guests.

"We celebrate the new year differently in East Boston and in other communities, and this is what makes Boston a vibrant city," said State Sen. Anthony Petrucci at the Yee Family Association dinner.

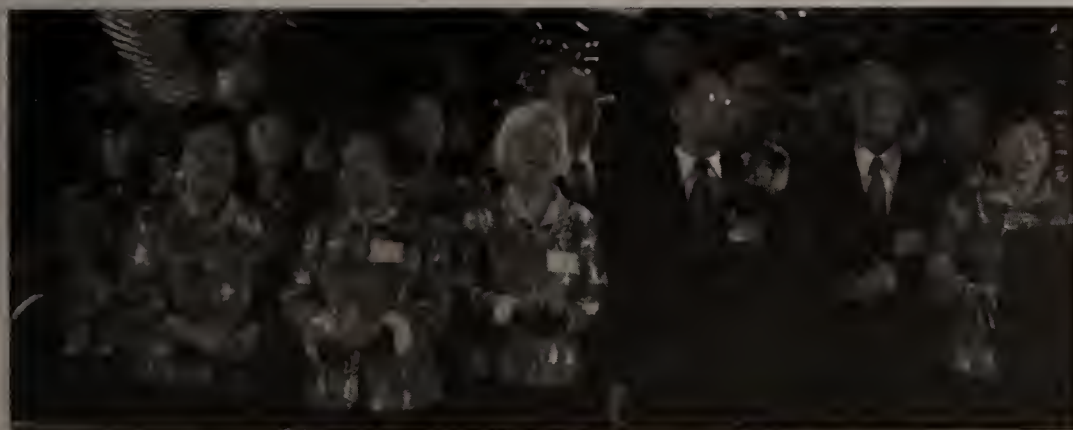
Distinguished guests included state and local representatives. Boston Mayor Thomas Menino, still recovering from his surgery, attended the Wong Family Association dinner, where he wished all participants a happy and healthy new year. In addition, Fitchburg Mayor Lisa Wong celebrated the new year dinner at the event with her parents.



Mayor Lisa Wong of Fitchburg speaks at the Wong Association dinner March 10. Image courtesy of Joanne Wong.

At both events, State Representatives Donald Wong, Tackey Chan and Aaron Michlewitz attended to deliver a declaration from the State House.

In addition, students who exemplified excellence in academic achievement received scholarship awards.



Members of the Yee Family Association entertain the crowd March 9. Image courtesy of Joanne Wong.

## Chinatown Neighborhood Council loses two members

BY LING-MEI WONG

The Chinatown/South Cove Neighborhood Council met March 18 at the New England Chinese Consolidated Benevolent Association. Council member Michael Wong quit, while another council member Tony Yee was removed after an incomplete vote from the February meeting.

Chairman Bill Moy brought a motion to reconsider February's vote to remove Yee. The council had voted to remove him, but did not ask for votes to keep Yee or if members wished to abstain. "This is just to continue where we left off," Moy said. "It's reconsideration in the bylaws and it's legal."

Wong left the meeting, as well as Ruth Moy. "I quit my job, if you pass things and then turn them over," Wong said.

The council took a two-thirds vote for the 18 members who were at the Feb. 19 meeting; 11 had voted to remove Yee, falling one vote short. The other seven voters included two members who were absent, Ruth Moy and Wong who left and Yee, who was ineligible to vote. The two remaining members voted to remove Yee.

"There are already so many things to do in Chinatown. Why vote to remove me?" Yee said.

Veolia Energy gave a presentation on steam line maintenance on Oak Street, which would close the sidewalk and parking lane between Washington and Harrison streets to Harrison and Tyler



The CNC met March 18.

streets for a month. The council tabled the vote until next month.

The W Hotel presented plans for its Descent nightclub to be managed by Brian Lesser, owner of Sweet Cheeks and Storyville. The council approved the plan.

"Storyville has had 11 years in the Back Bay, which is a residential area and has a hotel above like the W in Chinatown," Lesser said. "The difference is our capacity is 510 people. We don't have any problems, we live harmoniously in the neighborhood."

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### CLARIFICATION

In the March 8 article, "Chinese journey to America marked by trials and triumph," Alice Kane was born in Boston's South End, not South Boston. Limits on immigration were lifted in 1943 and quotas normalized in 1965. Yuan Yee of Calif. may also not be Kane's great-grandfather. The Sampan sincerely regrets the error.

## Chinatown Coalition discusses Chinese-American history

BY LING-MEI WONG

The Chinatown Coalition met March 14 at the Boston Chinatown Neighborhood Center.

Kate Fichter, MassDOT South Station Expansion Project Manager presented plans for expanding South Station. No construction is taking place yet, as the project will be in the planning stage for about three years.

The station is too small to meet demand for travel from Boston to New York City and Washington, D.C., along with travel within Massachusetts. "We are looking to design and build a bigger station with the existing station at the core," Fichter said. "The jewel of the project is to move the station onto the land where the postal office is now, so we can regain access to Dorchester Avenue."

Dorchester Avenue is behind South Station and would enable greater automobile access, alleviating traffic on Atlantic Avenue, Fichter said. The project's environmental notification form was submitted March 15, which evaluates potential expansion sites. There is not enough space now for trains to stop at off-peak hours, requiring more space at the station or elsewhere.

"I'd like to see some signs at South Station point to Chinatown," said Stephanie Fan, a board member of the Chinatown Lantern.

More information on the South Station project can be found at [www.massdot.state.ma.us/southStationExpansion](http://www.massdot.state.ma.us/southStationExpansion).

David Chang presented the Chinatown Atlas, a project organized by retired MIT professor Tunney Lee and the Chinese Historical Society of New England. It is a graphical depiction of how China-

town has grown over the years through building elevation maps, photos and newspaper clippings.

"Tunney thought he would like to develop a website documenting changes in the physical dimensions of buildings," Chang said. "Using that as a base as for history, it would include all the factors external to Chinatown, like immigration laws and what was happening in the rest of the city. That's why he used the term 'atlas.'"

The Chinatown Atlas was displayed in the Chinatown Lantern and is now at the Kwong Kow Chinese School at 87 Tyler Street.

Fan also gave an update on the Chinatown Lantern reading room, which closed Feb. 25. "It was a successful run and we could see people's commitment," she said.

The Lantern reading room at Oak Terrace will remain open to residents, staffed by two Asian Community Development Corporation volunteers from Tufts University. Children's books and laptops are available, while the rare Chinese and historical books are in storage until the Lantern has a permanent location. Board members are still needed to develop the project, Fan said.

CHSNE cut its executive director position for March, after reviewing its budget and operating on a deficit for several years, said Fan, who is a CHSNE member. It will have an office manager and volunteers staffing its office at 2 Boylston Street.

The next Chinatown Coalition meeting will be on April 11 and will focus on youth development.

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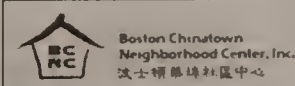
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## 'Spoonful of Ginger' raises awareness for Asian diabetes

BY PHOENIX TSO



A classical Indian dance was performed at "A Spoonful of Ginger" to raise awareness for Asian diabetes. (Image courtesy of Phoenix Tso.)

The Asian community and other supporters came out on March 18 for "A Spoonful of Ginger," an annual gala that raises awareness and funds for the Asian American Diabetes Initiative at the Joslin Diabetes Center. Held at the Museum of Fine Arts, guests enjoyed an open bar and a roomful of Boston restaurants' signature South and East Asian inspired hors d'oeuvres, while bidding on items at a silent auction and entering a "mystery box" raffle for \$50 each.

This year's event focused on South Asians, featuring a classical Indian dance and a chole chaat salad, made with green and red peppers and chickpeas. Sridaran Natesan and Ann Wong co-chaired the event, underscoring the threat of diabetes. "South Asians look lean, but we have a significantly higher risk [out of any group] of developing diabetes," Natesan said.

A Spoonful of Ginger also spotlighted Boston's Chinese community as well. Chinese individuals are twice as likely to

develop diabetes, along with other Asian ethnicities. Janet Wu of WHDH 7 News was mistress of ceremonies, while Nick and Eva Chau and celebrity chef Ming Tsai were honored for their contributions. Chinatown restaurants such as Xinh Xinh, Bao and Chinatown Café also participated, serving comfort food such as wontons and steamed rice flour buns filled with beef, ginger and scallions.

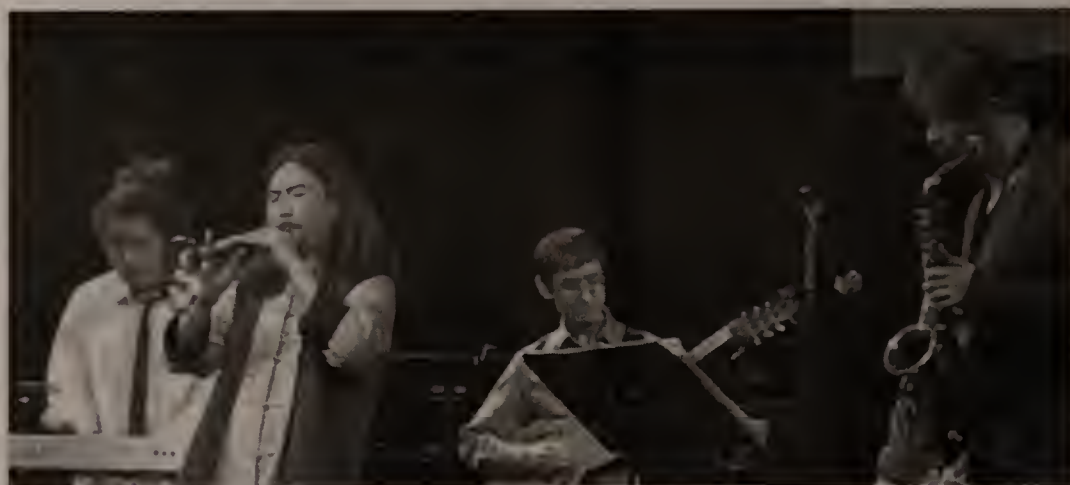
For more information about Asian Americans and diabetes, visit [aadi.joslin.org](http://aadi.joslin.org).



Servers prepare food at the Museum of Fine Arts. (Image courtesy of Phoenix Tso.)

## Students showcase musical talent at Berklee Chinese concert

BY LING-MEI WONG



Woodwind performer and Berklee student Yazhi Guo (second left) performs "One Night in Beijing" with a traditional Chinese "suona." (Image by Ling-Mei Wong.)

Chinese students celebrated the Lunar New Year and White Valentine's Day with 1,000 attendees on March 14 at the Berklee Performance Center. The concert was delayed by the Feb. 8 blizzard, organized by the Berklee Chinese Student Association with students from Boston College, Boston University, Harvard University, MIT and Northeastern University.

"The concert was delayed by the snow storm, but it did not dampen our passion for music," said Daisy Chen, president of the Berklee CSA and a fourth-semester performance student. She performed a live version of "Price Tag" by Jessie J, accompanied with a rap by Jack Liu, a sophomore at Boston College. Chen and Liu also performed "High High Life" by MC Hotdog with Xiaolong Dai, a Northeastern student.

Performances ranged from jazz-tinged updates of Chinese classic "Jasmine Flower" to a rendition of "One Night in Beijing" with a traditional Chinese "suona" by accomplished woodwind performer and Berklee student Yazhi Guo. Original compositions were performed by Runnan

Li, who played piano and sang vocals for his song "Bad Kids." Other original songs were "Polaroid" by Rule 9's lead singer Inhyuk Hyong and "Listen to Your Heart" by Zoe Zai. Covers of Mandarin pop classics were part of a song medley that closed out the night.

"It was fantastic," Liu said. "We really appreciate Berklee for sponsoring the event and providing the venue's crew. At Berklee, students' whole lives are about music and you can't help but feel the atmosphere."



Daisy Chen performed "Price Tag" by Jessie J. (Image by Ling-Mei Wong.)

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**The application deadline is May 25, 2013.**

Information meeting will be held in the community room at J. V Fletcher Library, 50 Main Street, Westford at 1:30 p.m. on Saturday, April 6, 2013.

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Chinatown crime blotter

SUBMITTED BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from March 1 to March 14 for District A-1 or Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

**Boston Police Department journal log**

- Larceny over \$200

Feb. 27: The victim reports that unknown person stole her iPhone while she was working on Washington Street.

- Warrant arrest

March 6, 12:28 p.m.: The suspect was arrested on Beach Street on an outstanding warrant issued out of Boston Municipal Court.

- Larceny in a building

March 8, 7:15 p.m.: The victim reports an unknown person stole his cell phone off of a table inside of the restaurant on Washington Street.

- Violation of auto laws

March 11, 2:20 a.m.: The suspect was arrested on Essex Street by the officer for driving with a suspended license.

- Armed robbery

March 11, 3:45 p.m.: The victim reports that he was robbed on Washington Street at knife point by an unknown white male. The suspect stole the victim's cell phone.

- Assault and battery with a dangerous weapon

March 12, 2:40 a.m.: The officers responded to Hudson Street on a report of an assault and battery in progress. Upon arrival the officers met and spoke with the store owner. He stated the suspect entered his restaurant while it was closed. The victim asked the suspect to leave. He became violent and threw a phone at the victim. The suspect was placed under arrest and transported to station.

- Warrant arrest

March 13, 12:24 a.m.: The suspect was arrested on Essex Street on an outstanding warrant issued out of Brighton District Court.

Incident search results

Date	Location	Incident description
March 1	85 Beach Street	Larceny non-accessory from vehicle \$200 and over
March 2	5 Oak Street	Sick/injured/medical - person
March 2	Kneeland Street	Motor vehicle plates - lost
March 2	Oak Street	Violation of auto laws - operating without license
March 2	Lincoln Street	Larceny non-accessory from vehicle \$200 & over
March 2	Lincoln Street	Larceny vehicle accessory \$200 & over
March 3	Marginal Street	Motor vehicle - leaving scene - property damage
March 4	10 Oxford Street	Larceny shoplifting \$50 to \$199
March 4	Washington Street	Motor vehicle - leaving scene - property damage
March 4	123 Lincoln Street	Larceny non-accessory from vehicle \$200 and over
March 5	Beach Street	Motor vehicle accident - other
March 6	7 Hudson Street	Investigate person
March 6	25 Beach Street	Warrant arrest
March 8	660 Washington Street	Larceny in a building \$200 & over
March 9	Oxford Street	Motor vehicle - leaving scene - property damage
March 9	55 Summer Street	Larceny shoplifting \$50 to \$199
March 9	Tufts Street	Larceny non-accessory from vehicle \$200 & over
March 10	178 Kneeland Street	Auto theft; motor vehicle recovered in Boston (stolen in Boston)

Love and struggle between generations of Chinese Americans

BY HAO LU

Starting from the 1800s, Chinese workers and businessmen have migrated to the United States, establishing families in America for a better life. However, what they might not have expected was a culture clash between them and their children, which has led to struggles between the generations.

Joanne Yen, a 25-year-old student at Gordon-Conwell Theological Seminary, was born and raised in America. Yen's parents are originally from Taiwan. They came to the U.S. in 1985 and started a small laundry business in New York.

"I grew up knowing the term ABC, which is American-born Chinese, is almost a way to identify who I was," Yen said. She eats Chinese food, makes Chinese friends and speaks fluent Chinese, but cannot change the fact that she has been influenced by American culture.

Yen said that when she was young, there were times when she could not understand why her parents were so strict.

"For instance, grades," Yen said. "If I went home and I was like 'Oh I got a B,' my parents were like, 'Why didn't you get an A?' If I got a 95 or even 99, they were like, 'Why didn't you get a 100? What did you do wrong?' But I noticed that even if my American friends got an 80 or 75, their parents would say 'Good job!' or 'Good effort! Try harder! You can do it next time!'" Their words are more positive."

Through her teenage years, Yen, like other ABCs, felt frustrated when her parents would react to certain things differently than her American friends' parents. When everyone got to go to summer camp, she had to go to summer cram school and was stuck in school again.

"There was definitely a time when I felt that they were just too strict, that they didn't understand me. There were even times when I felt that they were just too Chinese, they didn't understand American culture. They don't understand that I grew up here in America. This is not Taiwan. I'm not stuck in a classroom all day just studying. That's not who I am here," Yen said.

Sometimes she felt culture was a barrier for her and her parents in understanding each other.

"When I would look at something and say 'It's good enough.' I tried, and that's all that matters, so it's good enough that I gave effort. But for them, effort is not enough, it's effort plus hard work plus reaching your full potential. That's the time when I felt that our culture was so different."

Like any child, what Yen wanted from her parents were praise and support. "I definitely lacked that gratification of being told of I'm doing well. When they wouldn't approve or when they wouldn't congratulate me on something I did well, I would get upset because I felt like I tried so hard to make them happy, and to make them proud of me, but then they just tell me, 'Oh, that's what you were supposed to be doing.' That led to a lot of struggles with them," Yen said.

Unlike Yen's parents, second-generation immigrant families are not as strict as older generations. However, compared to American parents, they still care more about their children's education and personal development.

Maggie Liang, who used to live in Malden with her husband and two kids, moved to another town 40 minutes away, so her son could get into a better school district.

"My son is going to school this year, so I hope to find a good school for him," she said.

Liang and her family moved to the U.S. in 2006 because of work.

"I decided to move to the States basically because of the good education opportunity for my kids," she said. "I definitely feel that I'm not as strict as parents in China, but I still have to push the kids a little bit."

Her five-year-old son has been studying piano for almost a year, and her four-year-old daughter just started a ballet class.

"I don't know what will happen in the future. I hope the kids can learn some Chinese, but if they don't want to, I don't want to push them too hard either. I want them to choose what they like and what they want to do," Liang said.

Community groups call for affordable housing

BY LING-MEI WONG

A protest organized by community activists took place on March 13. The Chinese Progressive Association and the Chinatown Resident Association participated.

"There are thousands of luxury condo units being built around Chinatown, but less than a hundred affordable housing units in the buildings," said Henry Yee, chairman of the CRA. "We don't want Chinatown to be without Chinese residents."

More than 150 protesters gathered at

the State Street T stop, then made their way over to Harrison Avenue and Essex Street. They chanted slogans against banks and home mortgage lenders such as Bank of America and Fannie Mae in English, Cantonese and Spanish.

Participating organizations include the Chelsea Collaborative, City Life Vida Urbana, Northside Bank Tenant Association, Lynn United for Change, Alternatives for Community and Environment, and Boston Workers Alliance.

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Municipal Police Officer Examination - 4/20/13

The Commonwealth of Massachusetts Human Resources Division Civil Service Entrance Examination for municipal police officer employment, including City of Cambridge, will be held on April 20, 2013. Applications can be accepted through April 1, 2013 for a fee of \$150. For more information, or to apply online, go to the Massachusetts HRD website at [www.mass.gov/civilservice](http://www.mass.gov/civilservice) or call the examination hotline at 617-878-9895. For information on the Cambridge Police Department, visit [www.cambridgepolice.org](http://www.cambridgepolice.org).

Other City of Cambridge positions currently available include:

■ Assistant Director/Children, Youth and Family Services

■ Assistant Director/Adult and Family Services

■ Director of Client Services/COA

■ IT Network Engineer

■ Parking Control Officers

■ Tree Climber

Mayor's Summer Youth Employment Program positions include:

■ Assistant Coordinator/Payroll

■ Assistant Coordinator/Program Operations

■ Counselors/Senior Counselors

For detailed job description and application instructions on these and other positions, visit [www.cambridgema.gov](http://www.cambridgema.gov) and click on 'Jobs' We are an AA/EEO Employer.

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## Importance of English learning and adult basic education programs

BY JOANNE WONG

Despite the Commonwealth's commitment to investing in English language and adult basic education classes, studies have shown that the programs serve only a small subset of immigrants and newcomers who need the services.

Gov. Deval Patrick proposed allocating \$1 million, a 321 percent increase, to the state's citizenship programs in his FY2014 budget proposal.

"Massachusetts, like the country, is enriched by the people who come here," Patrick said at a recent ethnic media round table. "[Newcomers] contribute in and to our economy, to our social scene, to the way we think about ourselves. They contribute to the food ... It makes us stronger and better. How we integrate and welcome newcomers will be a factor in our future strength."

Indeed, English language skills have a substantial impact on personal income and society as a whole. An immigrant who speaks English fluently earns an average of \$38,526 annually in Massachusetts, compared to just \$14,221 for an immigrant who does not speak English well — a difference of \$24,000 — according to a 2011 report published by The Boston Foundation.

The report found less than 5 percent of the 236,933 immigrants with limited English skills in greater Boston are being served by programs supported by the state's Department of Elementary and Secondary Education.

DESE offers several programs to assist with adult basic education. One pro-



Gov. Deval Patrick at the Ethnic Media Round Table. (Image by Ling-Mei Wong.)

gram is the Adult and Community Learning Services unit that provides classes and resources at no cost to adults. Another framework is Career and Technical Education, which provides several branches of increasingly "innovative programs" ranging from secondary, postsecondary and adult education. Early successes of CTE include statistics in 2010 indicating 24.5 percent of graduates decide to seek employment, and nearly 50 percent of graduates enroll in a public university. Within this CTE population, however, is a small fraction of those in adult basic education.

Capacity is a major challenge that the state and community-based organizations alike must face. At any given point, more than 10,000 people are on waiting lists, some for as long as two years, according to The Boston Foundation. There are indications that plenty more are not applying for or may not even know such programs exist.

Adult basic education and English language classes are sorely needed in Massachusetts to achieve better economic outcomes for both the individual and the collective. In Chinatown, several organizations, including the Asian American Civic Association, Boston Chinatown Neighborhood Center and ACCESS, offer English language classes, but the demand for such instruction greatly exceeds the capacity of the organizations. Patrick's proposal to increase investments in the field of English language and citizenship classes reflects a step in the right direction.

## Photographer documents Chinese-American contribution

BY PHOENIX TSO



Jean Wu, Tufts professor and photographer; Corky Lee; Thomas Chen, Tufts professor; and Christina Sharpe, professor and director of the American Studies Program, at the Corky Lee exhibition at Tufts University on March 6. (Image courtesy of Karen Zhou.)

Photography exhibit "A Place Called Asian America" opened at the Slater Concourse Gallery at Tufts University March 6.

On display until March 29, the exhibit features the work of Chinese-American photographer Corky Lee, whose photographs highlight the contributions that Asian Americans have made to America, a facet of history that even Asian Americans know little about.

"My involvement in photography came as a result of the Vietnam War," said Lee to a crowd of about 50 at the exhibit's opening reception. "And that pretty much got me into photographing Japanese Americans I met who had been in the concentration camps, which I had never heard of in school."

Featuring 24 images by Lee, the exhibit shows the diversity in work, activity and celebration that Asian Americans take part in, from riding in the Sikh Motorcycle Club to getting one's twins blessed at a Cambodian temple. "A Place Called Asian America" devotes an entire wall to "photographic justice," depicting demonstrations from protests on behalf of Vincent Chin and Danny Chen to Connie King's "toilet garden," a memorial to her hometown Locke, Calif., and its history as a Chinese-American enclave dating back to the Gold Rush.

The exhibition is not just about the photographs, but also a sign of support for the Asian American studies minor, instituted this year after a 20-year fight by American Studies professor Jean Wu.

Lee exhorted attendees to sign the exhibit's guestbook: "It's very important

that there is documentation to advance the Asian American studies minor to become a major."

Four of Wu's Asian American studies students curated the exhibit, traveling to New York to pore over hundreds of Lee's photographs. Zoe Uvin, one of the student curators, said, "It seemed like such an amazing opportunity to do something, and to educate the campus about this minor, because [the minor] was so new, and it was something you want people to be interested in."

Esther Kim, who also curated, said, "What I got from this was the realization that what [Lee] was doing was so much bigger than himself. We're contributing to this cause and this movement of raising awareness about Asian America that's going to continue even after we are done at Tufts."

A spectator asked Lee what happened to a photo he had taken at Promontory Point, Utah, of descendants of the Chinese workers who worked on the Transcontinental Railroad. When the railroad was completed in 1879, the Chinese workers were excluded from the photographs. Lee replied that he had asked the head park ranger to hang the photo in a spot that he had chosen in the auditorium, but didn't know if the ranger honored his request.

"If it's in a warehouse somewhere, I'm going to have to go back out there," Lee said. "If you go out yourselves, ask, 'Where is that photograph?' If you don't make a whole lot of noise, nobody's going to listen to you."

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50%	\$37,800	\$42,500	\$47,200	\$51,000	\$54,800

**Public Information Meeting**

7:00 p.m., Monday, March 25, 2013  
Acton Public Safety Building  
371 Main Street

**Application Deadline**

4:00 p.m. Friday, April 26, 2013  
Mail or drop off to MCO Housing Services

**Application Availability—February 25—April 26, 2013**

**Pick-Up**

Acton Housing Authority, 68 Windsor Ave Regular Hours  
April 25th, Acton Housing Authority 4:00—8:00 p.m.  
Acton Library, 486 Main Street Regular Hours

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978-456-8388

maureen@mcohousingservices.com  
[www.mcohousingservices.com](http://www.mcohousingservices.com)

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For more information or reasonable accommodation contact:  
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**MCO Housing Services, P.O. Box 372, Harvard, MA 01451**



## Weight management for young women

**Tufts** Medical Center

SUBMITTED BY ZHANGLIN KONG, REGISTERED DIETITIAN AT GREATER BOSTON CHINESE GOLDEN AGE CENTER



Image courtesy of Flickr, Lululemon Athletica.

People say weight management is a lifelong project for women, which I can't agree with more. How much you weigh is highly related to how healthy you are, and only a healthy lifestyle can be the most effective way in the long run.

A myth is that slimness is the ultimate goal for weight control. However, different body types affect longevity. For women, an adequate amount of fat is crucial for energy supply, absorption of Vitamins A, D, E, K, and functional reproduction. Stronger muscles gives support to your bones and also burn more calories even while resting. As a result, being too slim is not only unrealistic but also harmful for health. Your body mass index should fall between 18.5 and 24.9 and your fat percentage should be between 21 to 24 percent.

If your BMI equals to or is higher than 25, here are some suggestions.

1. Maintain a regular eating schedule. Skipping meals will make your body crave high-energy foods and you are more likely to overeat in the following meals. Reducing your portions too much will compromise your intake of nutrients, which affect your health and skin tone. So maintain a healthy balanced diet with smart choices of food.

2. Have a balanced meal that is full of plant-based food. Enjoy vegetables, fruits, nuts, beans and whole grains.

Consume an adequate amount of low-fat dairy products, such as skim milk, low-fat cheese and yogurt. Follow "MyPlate" diet guidelines from the U.S. Department of Agriculture ([www.choosemyplate.gov](http://www.choosemyplate.gov)) and cook at home as much as possible.

3. Stay active whenever possible. I understand every young lady has a busy schedule, and spending an hour at the gym every day sounds too intense. Not to worry! Try to walk or use the stairs whenever possible. If your destination is only a mile away, walk there — back and forth you will cover 2 miles and be moderately active for about 30 minutes. Or if you take the T, try to stand rather than sit. Every step counts!

4. Snack smart. Healthy snacks in the right portion sizes can add on nutrition and suppress your appetite at regular meal time. For example, a fresh fruit and a cup of milk/yogurt is my favorite snack combination. It gives you vitamins and calcium as well as helping you avoid a huge dinner or late-night snacking.

5. What to do with social eating and dining out? A diet is easily disrupted by restaurant meals, since the salt and fat content can be high. As a young lady, eating with friends is an important part of social life. However, dining out frequently is associated with excess weight and obesity. Choosing healthy restaurants and foods are important. The easiest thing to do is to avoid fast-food chain restaurants. For any menu, choose items with ample vegetables and whole grains. Avoid fried food and ask for sauce on the side. If the portion sizes are big, pack up half of it first or stick with appetizers and soup.

Being overweight not only affects your appearance, but also raises your risk for type 2 diabetes, heart disease

and stroke. It can cause problems such as high blood pressure, elevated cholesterol and high blood sugar. Maintaining normal body weight can help you prevent

these problems. If you are already obese and losing weight is a challenge, make baby steps to start, as even losing 10 to 15 pounds can make a big difference.

## Senior enjoys unique 'family care plan'

SUBMITTED BY SOUTH COVE MANOR



Tang Chen (seated) with his daughters RuiXia, RuiLian, RuiQiong and RuiHua.

Tang Chen may be the only senior in America who can say when he moved into his nursing home, his four daughters were already there.

All four daughters were already employed at South Cove Manor as certified nursing assistants in September 2010 when their 92-year-old father moved

in from a senior housing facility where he had been living with his wife. Injured and needing rehabilitation, the elder Chen found that by living at South Cove he could spend more time with his daughters than before.

The daughters have arranged their shifts so that one of them is always there to keep their dad company. Every day, the daughters take turns giving him a bath after their shift has ended.

"It is very important to him, and to his daughters, that they get to see each other every day," said Amy Macauley, director of community relations at South Cove Manor. "Having him here makes their lives so much easier. They don't worry about how he is doing because one of them is here 24/7."

## MASSACHUSETTS BAY TRANSPORTATION AUTHORITY TRANSPORTATION BUILDING

10 PARK PLAZA

BOSTON, MASSACHUSETTS 02116-3975

### NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. G67CN03, FITCHBURG COMMUTER RAIL IMPROVEMENTS TRACK, CIVIL AND SIGNAL PROJECT, SOMERVILLE TO FITCHBURG, MASSACHUSETTS PROJECT VALUE - \$59,990,000 (CLASS 1- GENERAL TRANSIT - \$59,990,000, CLASS 3 - TRACK- \$13,284,00, CLASS 6A - TRANSIT SIGNALING - \$15,973,000) will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o'clock (2:00 p.m.) on April 23, 2013. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work on the Fitchburg Commuter Rail Line will consist of improvements to the existing track alignment, construction of new tracks through select segments, new or improved interlockings, a second track through South Acton Station area, a new train control signal system, replacement of Automatic Grade Crossing Warning Systems (AGCWS), upgrade of existing at-grade highway crossing track and roadway surfaces, the retirement of portions of the existing train control signal systems and AGCWS and the demolition of select existing turnouts, crossovers and track segments as indicated. These improvements will be made while the existing commuter line service and freight line service continues to function.

The DBE goal is 16%. This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation is 50 percent.

Additional information and instructions on how to submit a bid are available at [http://www.mbtta.com/business\\_center/bidding\\_solicitations/current\\_solicitations/](http://www.mbtta.com/business_center/bidding_solicitations/current_solicitations/)

On behalf of the MBTA, thank you for your time and interest in responding to this Notice to Bidders Massachusetts Bay Transportation Authority.

Beverly A. Scott, Ph.D.  
MBTA General Manager and  
Rail and Transit Administrator

Richard A. Davey  
MassDOT Secretary and CEO

March 22, 2013

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## Discovering simple Icelandic fare

BY ANNA ING, A FOOD AFICIONADO



Bæjarins beztu hot dogs. (Image by Anna Ing.)

Cold, volcanos, happy people and seafood come to mind when I think of Iceland. Surprisingly, an affordable hot dog is the nation's favorite dish that even President Bill Clinton had to try. Aside from delicious seafood, there are some famous Icelandic delicacies, such as fermented shark. Being an island, it can get very expensive.

Spending a weekend in Iceland's capital Reykjavik, one can definitely find delicious meals at a variety of price points. We checked out a wallet-friendly hot dog stand Bæjarins beztu, open since 1937. Locals told us it serves Iceland's "national food," which I liked with everything — mayo, fried and raw onion, ketchup plus a delicious mayo-based remoulade with sweet relish. The long skinny hot dog is made with lamb and little to no pork. There is a nice snap without a gamey lamb taste; flavors are light and meld together to make a great Icelandic hot dog.

Lobster soup or humarsupa is another local specialty and very different from New England lobster bisque. The best bowl is by the old harbor at Saegreifinn or "The Sea Baron," which is an old fisherman's hut that serves simple and deli-

cious fare. Lovely small chunks of Norway lobsters — or langostines — came in a white broth that was not too heavy on cream. The soup was full of flavor, with bits of tomato, celery and bell pepper. It comes with complimentary bread and the local butter is delicious!

Other local delicacies include the controversial minke whale, which not extinct and legal to consume in Iceland.

Another destination was Café Loki in front of a famous church, the Hallgrímskirkja or the Church of Iceland. This café serves traditional Icelandic fare and snacks. We had the cod with mashed potato over homemade rye bread and smoked trout over rye. My friend, who only likes Chinese-style steamed fish, enjoyed the fish mash, as it was light and



Smoked trout and cod mash over rye at Café Loki. (Image by Anna Ing.)

not overly fishy. It was simple and clean tasting. The smoked trout looked like salmon but had a light smoked flavor topped with cottage cheese.

The Icelandic pancakes filled with bits of sugar and jam were light and airy.

All these treats are reasonably priced. Credit cards are widely accepted in Iceland, which made it easier to avoid exchanging money.

## Charter school rings in New Year

BY LING-MEI WONG



Seniors Jameesa Dumas, Marcus Vilmé and Ariell Christian at APR's gala. (Image by Bizu Tesfaye.)

The Academy of the Pacific Rim Charter Public School welcomed the Year of the Snake at its 4th Chinese New Year Celebration on March 14 at Hei La Moon, after a delay due to the Feb. 8 blizzard.

Students put on a musical performance and a presentation on spending the summer in China.

"We at APR are obsessed about China," said Yong Li, Mandarin Department Chair and Director of the China Exchange Programs. The school's exchange program with Beijing No. 80 School has involved more than 250 students and 30 faculty members since its inception 12 years ago. APR hopes to send 90 percent of its students to China in the future.

APR has operated for 16 years and had the highest 2012 MCAS score for 10th graders, said Sue Thompson, exec-

utive director of APR. It received 1,075 applications for the 2013-2014 school year, but as a charter school, it can only accept a limited number of students through a lottery.

"We are lobbying to raise the cap on the number of students," Thompson said.

Leverett Wing, vice chair of the Governor's Asian American Commission, praised the school for its tolerance when anti-Chinese rhetoric is the norm. "These students will be leaders," he said. "They will be even more important in the coming years."

Chinese language instruction is mandatory at the school, which serves 504 students from 5th to 12th grade. The student body is 58 percent African American, 20 percent white, 17 percent Hispanic, 2 percent Asian and 3 percent identified as "other."



**Come to the Open House**

**April 1st and 8th**

**at 10 a.m., 1 p.m., 3 p.m.**

**Transportation Building, 10 Park Plaza, Boston, MA Conference Rooms 1, 2, 3**

**To Attend the Open House applicants MUST pre-register @ <http://mbtarepairerandmachinistinfo.eventbrite.com>**

**To view full job descriptions or apply online, visit [www.mbta.com](http://www.mbta.com).**

### Repairers

Local 589

Do you have?

- A high school diploma or equivalent (G.E.D.) from an accredited institution with the ability to comprehend, communicate and respond to instructions, orders, signs, notices, inquiries, etc. in English
- Three (3) years of experience in the repair of mechanical, electrical and/or HVAC components of large vehicles, heavy equipment or heavy machinery.
- or a substitution of: knowledge of mechanical, electrical and electronic theory and principles as acquired through a two (2) year technical or vocational training program, including but not limited to a college degree program, union apprenticeship, United States Armed Services training and/or documented employer training.
- Valid driver's license.

### Machinists

Local 264

Do you have?

- A high school diploma or equivalent (G.E.D.) from an accredited institution with the ability to comprehend, communicate and respond to instructions, orders, signs, notices, inquiries, etc. in English.
- Two (2) years of experience in the repair of mechanical and electrical components in transportation vehicles, including diagnostics, engine overhauls, and preventative maintenance programs.
- or a substitution of: knowledge of mechanical, electrical and electronic theory and principles as acquired through a two (2) year technical or vocational training program, including but not limited to a college degree program, union apprenticeship, United States Armed Services training and/or documented employer training.
- Valid driver's license.



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## 伯克利留學生新年音樂會中大顯才華

黃靈美報導



(左) 李潤楠鋼琴伴奏其原創歌曲『Bad Kids』。(右) 黃韻由一首歌開啟了整場晚會。圖片均由黃靈美提供。

大波士頓地區的中國留學生們用美麗的音樂慶祝了3月14日白色情人節以及遲到的新春。容量千人的伯克利表演中心坐的滿滿。本次伯克利迎新音樂盛典原計劃於2月8日演出，但由於暴風雪的緣故推遲至今。音樂會由伯克利音樂學院中國學生會、波士頓學院、波士頓大學學生學者聯誼會、哈佛大學、麻省理工學院和東北大學中國學生學者聯誼會聯合舉辦。

伯克利中國學生會主席陳昊妹表示：「雖然音樂會因為暴風雪的緣故推遲，但是這並沒有減少我們表演以及工作人員的熱誠。」陳昊妹和來自波士頓學院大二學生的劉鵬一起演唱了Jessie J 的『Price Tag』。他們還同東北大學學生戴小龍演唱了MC Hotdog 的

歌曲『嗨嗨人生』。

本次表演豐富多樣。從爵士版中國名曲『茉莉花』到由伯克利學生郭雅志的噴吶表演『One Night in Beijing』到李潤楠同學表演的其原創的歌曲『Bad Kids』再到邢仁赫和宰喆等同學的音樂改編。無不體現出留學生的才華橫溢。晚會在眾多流行歌曲中落下帷幕，例如：『找自己』、『背叛』、『倒帶』、『可愛女人』、『雙截棍』等。

劉鵬一感嘆道：「這場表演太成功了！我們非常感謝伯克利主辦的這場音樂盛宴。能看到如此高水平的表演我很幸運。音樂是伯克利學生們的全部生活。而今天我們也深深地被震撼到了。」

## 中華頤養院院民樂享『家庭健康計劃』

中華頤養院撰寫



陳崇和他的女兒們：陳瑞霞、陳瑞蓮、陳瑞瓊、陳瑞華。92歲的陳先生是中華頤養院的院民，四個女兒都是養老院的註冊護士。圖片由中華頤養院提供。

由於四個女兒都在頤養院工作，陳崇或許是全美國唯一一個老人可以說是「搬家」到安老院的。

他的四個女兒都是中華頤養院的註冊護理人員。2010年9月，92歲高齡的陳先生從和妻子居住多年的老年公寓搬入中華頤養院。陳先生發現，雖然身體受傷並且需要療養，他和女兒們在一起的時間卻大大增加。

四位女兒們也相應安排了她們

的工作表來確保每個人輪流照顧父親。每天下班後，她們都會幫父親洗澡以及陪他。

中華頤養院社區關係部門主管褚愛薇說道：「對這家父女來說，每日見面是非常重要的。陳先生搬到安老院讓全家人安心很多。女兒們不用每時每刻地擔心自己的父親，因為她們全天都會有人在養老院照顧他。」



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H2226\_120213\_173411C

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2013年4月移民排期表

親屬移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2006年3月8日	2006年3月8日	2006年3月8日	1993年8月1日	1999年2月15日	第一優先：美國公民的成年未婚子女
第二優先2A	2010年12月15日	2010年12月15日	2010年12月15日	2010年12月15日	2010年12月15日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2005年4月8日	2005年4月8日	2005年4月8日	1993年2月22日	2002年7月15日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年7月22日	2002年7月22日	2002年7月22日	1993年3月22日	1992年10月1日	第三優先：公民的已婚子女
第四優先	2001年5月1日	2001年5月1日	2001年5月1日	1996年9月1日	1989年8月15日	第四優先：成年公民的兄弟姊妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	有名額	2008年4月1日	2004年9月1日	有名額	有名額	第二優先：跨國公司主管
第三優先	2007年7月1日	2007年8月22日	2002年12月8日	2007年7月1日	2006年9月8日	第三優先：技術勞工及專業人士
非技術勞工	2007年7月1日	2003年8月1日	2002年12月8日	2007年7月1日	2006年9月8日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	有名額	有名額	有名額	
第五優先 定點投資	有名額	有名額	有名額	有名額	有名額	第五優先：指定地點投資移民
試點項目	有名額	有名額	有名額	有名額	有名額	

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《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

活動信息

**2013 圍棋展覽會**  
三月廿三日至廿四日（週六至週日）  
上午九點至下午五點  
Student Organization Center at Hilles  
Harvard University  
59 Shepard Street  
Cambridge, MA 02138  
美國大學生圍棋協會將在哈佛大學學生中心舉辦2013年圍棋展覽會。超過200名年輕人將聚集在此一起學習並練習圍棋。一隊來自上海應氏基金會，包括前世界圍棋冠軍常昊和其他著名棋手的中國代表團將參加此次展覽。同時將展映紀錄片【Surround Game】，第一部紀錄從古代中國到21世紀美國關於圍棋奇妙故事的影片。具體日程安排請登陸www.college-go.org/events/spring\_expo\_2013/

**JP CONCERTS 音樂會**  
三月廿三日（週六）  
下午四點  
St. John's Episcopal Church  
Roanoke Avenue  
Jamaica Plain, MA 02130  
JP CONCERTS 將演奏TWO TIMES TWO室內音樂會。由小提琴、鋼琴、大提琴等樂器

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**亞洲乳腺癌項目及亞洲女性健康組織慶典**  
三月廿八日（週四）  
晚上六點至八點  
Tufts Medical Center  
Lower Level Wolff Auditorium  
800 Washington Street,  
Boston, MA 02111  
亞洲乳腺癌項目及亞洲女性健康組織將舉辦聯合慶典，邀請公眾參加，了解兩個組織所作成就與未來計劃。參與者將與獲獎人見面。慶典提供小食。請於三月廿六日之前登陸http://abc13.eventbrite.com/預約位置。詳情請洽亞洲乳腺癌項目指導Chien-Chi Huang: 617-870-4056 或 abch2h@gmail.com。

**濟慈基金會獎學金**  
慈濟基金會為幫助計劃於2013年入讀大學的清貧優秀高中應屆畢業生提供1000美元獎學金。即日起至3月31日止接受申請，獲獎名單將於5月16日公布。索取表格可洽詢慈濟波士頓聯絡處(15 Summer street, Newton)，電話（617）762-0569，

或聯絡人許育慈(617) 803-0982。

**天使舞蹈團表演**  
三月廿四日（週日）  
晚上七點  
Casey Theatre  
Regis College  
235 Wellesley Street  
Weston, MA 02493  
天使舞蹈團將舉辦2013年大波士頓中國民族舞蹈慶祝會，以「舞彩東方一再現中國舞從古至今的燦爛輝煌」為主題，表演有敦煌舞系列、少數民族舞蹈、原創現代舞蹈等。票價分20元和100元。購票查詢可洽(617)230-3854，或登陸:www.angelperformanceart.com。

**2013 為飢餓行走**  
五月五日（週日）  
早上七點  
波士頓公共綠地

Tremont St, Boston, MA 02108  
第45屆由麵包項目組織的波士頓為飢餓行走活動將在5月5日早上舉行。行走全程為20公里，穿越波士頓、布魯克林、牛頓、水城、劍橋等市，路上會提供娛樂項目和免費小食。超過4萬名行者將參與此次活動，為有需要的人籌款350萬美金以提供充足食物。活動將在波士頓公共綠地從早上7點至9點開始。



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# 年輕女性如何管理體重

孔璋林，營養科學碩士，註冊營養師。中華耆英會全職營養師。



圖片來自Lululemon Athletica的Flickr提供。

我們常聽說減肥是女人的終身事業，身為營養師的我非常贊同。你的體重和你的生活健康有密切關係，長期來看，只有健康的生活方式才是最有效的方法。

人們總相信苗條體型才是控制體重的關鍵。然而，不同體型對壽命有著特殊的影響。對於女性來說，適量的脂肪對於提供體力、吸收維他命A、D、E、K以及生殖健康很重要。另一方面來說，更強的肌肉能更好地支撐你的骨骼，甚至可以在你休息的時候為你燃燒更多的卡路里。因此，過於苗條不僅不現實，而且還對你的健康不利。你的理想身體質量指數（BMI）應該在18.5和24.9之間，而你的理想體脂肪百分比應該在21%到24%之間。

如果你的身體質量指數超過或等於25，以下有一些建議，希望有所幫助。

1. 盡可能地保持飲食規律。不吃飯會讓你的身體餓到想吃高热量的食物，那你在下一餐就可能吃得過多。過份地減少飲食會損害你的營養攝入，以及影響你的健康和皮膚狀況。所以保持一個健康均衡的飲食習慣並明智地選擇食物是管理體重的基礎。

2. 均衡飲食，以素食為基礎。多吃蔬菜、水果、堅果、豆類以及五穀雜糧。攝入適量的地脂肪乳製品，例如脫脂牛奶、低脂奶酪和酸奶。參考美國農業部（[www.choosemyplate.gov](http://www.choosemyplate.gov)）的“MyPlate”飲食指南，盡可能在家做飯。

3. 盡可能持續運動。我明白每位年輕女性都有忙碌的作息，可

能我們大多數人來說很難每天在健身房花一小時運動。但沒關係！盡可能地步行和走樓梯。如果你的目的地只有1英里遠，步行過去——來回你將步行2英里，中度運動約30分鐘。如果你搭乘地鐵，盡量站著不要坐下。用走樓梯取代搭扶手梯或電梯。每一步都很重要！

4. 明智地吃零食。零食對體重管理可能是的一個祝福，也可能是一個詛咒，取決於你怎麼做。健康並且適量的零食可以增加營養攝入，並且在固定的用餐時間裡抑制你的食慾。比如，一個新鮮的水果和一杯牛奶或酸奶是我最喜歡的小吃組合。它能給你更多的維他命和鈣，能幫你避免晚餐大吃大喝或是吃宵夜。

5. 聚餐和外出就餐該怎麼辦？一個減肥計劃很容易會被幾次去餐廳用餐打亂，因為鹽和脂肪的含量可能遠高於預期的量。作為一個年輕的上班族或是全制學生，與朋友外出就餐是社交生活中很重要的部分。然而，頻繁外出就餐，特別是去快餐餐廳，與體重過重和肥胖密切相關。選擇健康的餐廳和食物非常重要。最簡單的方法就是避免快餐連鎖餐廳。面對任何菜單，選擇有大量蔬菜和五穀雜糧的食物。避免油炸食品，並且要求把醬料分開放。如果食物的分量很大，進餐前先包裝好一半或者只選擇開胃菜和湯。

體重過高不僅會影響你的外形，還會增大患2型糖尿病、心臟病和中風的風險。也可能引起其他問題，比如高血壓、高膽固醇和高血糖。把你的體重保持在正常範圍可以幫助你預防和處理這些問題。如果你已經有肥胖症而減肥是一個挑戰，從小步開始，因為即使減輕10到15磅也會是一個大改變。咨詢你的營養師獲取更多關於減肥和保持健康體重的信息。

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# 『一匙薑』關注亞洲人糖尿病問題

左成鳳報導



『一匙薑』活動有傳統印度舞蹈。圖片由左成鳳提供。

波士頓的亞裔社區和其他贊助者在3月18日一起參加『一匙薑』活動。『一匙薑』是為在喬斯林糖尿病中心亞洲美國人糖尿病首創而籌款的年度晚會。晚會在波士頓藝術博物館舉行，來賓一邊在開放式吧台旁享受波士頓餐廳著名的東南美食，一邊在旁參與拍賣，並參加每人50美金的『神秘寶盒』抽彩。

今年的活動主要聚焦在南亞，展示了傳統印度舞蹈和青紅椒沙拉。Sridaran Natesan以及Ann Wong共同贊助了該晚會，強調糖尿病對人類的威脅。Natesan說：「南亞人普遍看起來瘦弱，但我們還是在經受一個相對較高的糖尿病發病威脅。」

『一匙薑』同時關注在波士頓的華人社區。華人個體與其他亞洲群體相比，有兩倍的糖尿病患病幾率。來自WHDH7頻道的吳芝蘭是典禮

的女主持，會上，Nick、Eva Chau夫婦和著名廚師蔡明因他們的貢獻被提名。華埠的餐廳如星星餐廳、華埠餐廳也參與了晚會，提供美味的牛肉蔥薑包子。

關於亞洲美國人糖尿病的更多信息請查詢[aadi.joslin.org](http://aadi.joslin.org)。



晚上的佳餚包含東南美食。圖片由左成鳳提供。

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# 探索簡單的冰島美食

美食專欄作者 Anna Ing



冰島的招牌羊肉熱狗。 圖片均由Anna Ing提供。



鱈魚和土豆泥搭配自製黑麥麵包，煙燻鱈魚陪黑麥麵包。

每當想起冰島，我就想到冰冷、火山、快樂的人和海鮮。出人意料的是，一個便宜的熱狗是這個國家最喜歡的食物，連總統比爾·克林頓都曾嘗過。除了美味的海鮮，還有一些著名的冰島佳餚，比如釀鯊魚。但是作為一個島嶼國家，消費可能將較高。

在冰島的首都Reykjavik，一個人花上一個週末，絕對可以找到一些價格不等的美食。我們在從1937年開業至今的Bæjarins beztu買了便宜的熱狗。當地人告訴我們這是冰島的「國家食物」，我喜歡它所有的成份——芥末醬、炸的和生的洋蔥、番茄醬，加上美味的調味蛋黃醬和甜黃瓜碎。細長的熱狗是用羊肉和一點點幾乎可忽略的

豬肉。但咬了第一口之後，你就明白為什麼當地人和遊客們對它愛不釋手！我必須要吃兩個。入口味道很好，沒有很重的羊肉腥味；各種味道很輕並且相互融合，造就了一個美味的冰島熱狗。曾被英國報紙「衛報」評選為全歐洲最好的熱狗，這絕對是一個必須嘗試的美食。

龍蝦湯或humarsupa是另一道地方風味，和新英格蘭的龍蝦濃湯很不同。老海港旁邊的Saegreifinn或「海男爵（The Sea Baron）」曾是一個賣簡單美食的漁夫小屋，那裡有最好喝的龍蝦湯。可愛的挪威龍蝦小塊泡在濃郁的湯裡面，但湯沒有含太多奶油。湯的味道很豐富，有番茄、芹菜和燈籠椒的味

道。湯配有麵包，本地的牛油很好吃！

其他特色美食包括釀鯊魚和很受爭議的小鬚鯨。在冰島，小鬚鯨不是絕種動物，所以是可以合法食用。

你能從Reykjavik任何地方看到著名的Hallgrímskirkja或冰島教堂，教堂前面的Café Loki 是下一站。這家咖啡廳有傳統冰島美食和小吃。我們點了鱈魚和土豆泥搭配自製黑麥麵包，還有煙燻鱈魚陪黑麥麵包。我們的導遊Siggy比起煙燻三文魚更喜歡煙燻鱈魚。甚至連我一個只喜歡中式清蒸魚的朋友也讚不絕口，因為它很清淡魚味不重。它很簡單，味道很純淨。煙燻鱈魚看上去像三文魚，但它帶有一點煙

燻味上面放了茅屋芝士。

冰島式薄烤餅充滿糖和果醬，味道清爽。薄烤餅只用糖、麵粉和牛油製成，但是很有下午茶的宜人感覺。Café Loki 餐廳的二樓可以看到非常好的冰島教堂風景。

所有花費價格都合理。冰島普遍接受信用卡，這是消費更方便，可以避免兌換貨幣的麻煩。



龍蝦湯。

## 初次買房學習班

亞美社區發展協會撰寫

亞美社區發展協會自2005年起，為初次買房者舉辦學習班，使他們了解在美國買房的程序和要注意的事情，內容包括：銀行貸款、房產經紀、建立信用、房屋保險、房屋評檢、地契的法律以及有關住房的特別知識，每次都邀請相關專

業人士講解，也耐心解答學員的問題，完成學習班後，學員會得到由波士頓市政府頒發的證書。

為什麼要參加初次買房學習班呢？

在美國買房是不容易的，收入遠遠追不上房價，政府為了使中低

收入的人士能買房，安居樂業，在每一區都有可負擔房屋出售，資產不超過\$75,000，就有機會買這些比市價便宜的房子。

初次買房學習班證書的用途？

如果你是中低收入的人士，買房子的錢不夠，銀行也貸款不多，

若符合條件這證書就可幫你，向麻州政府貸款20%（首十年只需付麻州貸款得利息，十年後才付本金），另銀行貸款77%，你只要付3%首期，就可以擁有屬於自己的房子，還享有低利率。

如果你買波士頓地區的房子，有了這張證書，可以向波士頓市政府房屋中心（home center）部門申請首期和成交費用補助，使你輕鬆鬆當業主。

亞美社區發展協會每月都在中國城舉辦初次買房學習班，四月十三日將於北昆士舉辦一天初次買房學習班，時間從早上8:30至下午5:00，有興趣者或想知道更多詳情，請聯繫呂小姐617-428-2380內線212，或電郵may.lui@asiancdc.org，或瀏覽網址http://asiancdc.org/。



圖片來自Flickr。

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租金根據 入息30%而定	租金最低 \$1,076起	租金最低 \$1,238起
1人: \$33,050	1人: \$41,100	1人: \$47,150
2人: \$37,800	2人: \$46,980	2人: \$53,900
3人: \$42,500	3人: \$52,860	3人: \$60,650
4人: \$47,200	4人: \$58,680	4人: \$67,350

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所有申請者必須符合麻州低收入限制的要求：

1人家庭	\$33,050
2人家庭	\$37,800

兩種等候名單的申請將遵循申請的先後順序而排列，除非申請者本身符合麻州房屋署的房屋優先申請的規定。James Steam Mill歡迎Section 8持有人申請該公寓，申請者只需要支付他們入息的30%作為，每月租金。

James Steam Mill公寓原身為美麗的紡織廠，公寓主要由1房組成，有少量2房。附有公共交通設施，鄰近Newburyport市中心。該公寓是非吸煙公寓，有限量停車位提供。



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# Academy of the Pacific Rim 喜迎蛇年

黃靈美報導



(左到右) Jameesa Dumas, 王明, 錢愛麗在Academy of the Pacific Rim春宴表演。他們在學校必須上中文課。圖片由Bizu Tesfaye提供。

東亞學院特許公立學校 (Academy of the Pacific Rim) 3月14日在喜臨門大酒樓舉辦第四屆農曆新年慶祝活動歡慶蛇年，活動由於暴風雪延遲期舉行。

慶祝會上，學生們帶來音樂表演，分享在中國度過的暑假生活。

中國交換項目的普通話部主席及主任李永說：「我們東亞學院的全體師生對中國都很嚮往。」

學校和北京市第八十中學的交換項目開辦12年以來，有超過250名學生和30名老師參加。東亞學校希望將來能把百分之九十的學生送往中國。

東亞學校執行主任Sue Thompson說學校辦學16年，十年

級學生取得了2012年MCAS的最高分。學校在2013 - 2014學年搜到了1,075份申請，但作為一所特許學校，只能通過樂透方式錄取限定名額的學生。

Thompson說：「我們正在爭取增加學生名額。」

麻州亞裔委員會副主席李超榮讚賞學校的包容性當出現反華現象的時候。他說：「這些學生將成為領導者，他們將在未來幾年變得更加重要。」

學校要求從5年級到12年級的504名學生必須上中文課程。全體學生由58%黑人、20%白人、17%西班牙裔、2%亞裔和3%其他種族組成。

# 移民美國－兩代人的愛與隔閡

呂昊報導

從上個世紀開始，大量的中國工人、商人湧入美國，在這片土地上建立家庭、生兒育女，只為尋求更好的生活質量和給子女提供的良好教育。然而，他們沒有意識到、或從未想過的是，隨之而來的，也許還有他們與子女之間逐步拉開的文化差異，與兩代人之間產生的思想隔閡。

來自紐約、現就讀於哥頓康威爾神學院的25歲學生顏凱莉是出生並成長在美國的二代移民之一。她的父母來自台灣，1985年來到美國，隨後在紐約開了一家洗衣店。

顏凱莉說道：「在我成長的過程中一直伴隨著一個名詞—ABC，也就是在美國長大的華人小孩。這個詞像是一直在提醒我自己是誰。」即使每天吃中國菜，交中國朋友，甚至講流利的中文。但是，她成長在美國文化的環境裡，像每一個在美國長大的孩子一樣，美式思維和行動充斥在她生活的每一個層面。

顏凱莉說，當她還是小孩子的時候，她經常覺得無法理解為什麼父母要對自己要求那麼嚴格。

她說：「例如成績，如果我回到家告訴他們我拿了一個B，我父母就會問，為什麼妳沒有拿A？然而我注意到即使我的朋友們只得了80分或者75分，他們的父母也還是會說「我知道你盡力了，下次繼續努力，你會做得更好！」顯然他們的語言更加積極。」

在她小時候，與其他成長在美國的華人孩子一樣，顏凱莉感覺到了文化的隔閡，尤其是當自己的父母和朋友們的父母表現得不同時。朋友們都在夏天參加了露營項目，

她卻不得不在父母的安排下去上培訓學校，再一次沈浸在學習的壓力裡。

像每一個孩子一樣，顏凱莉從父母身上期盼的是肯定與讚揚。

顏凱莉說道：「我從小便缺乏來自父母的表揚。我經常覺得自己努力得這麼辛苦來讓父母開心，讓他們為我感到驕傲，但他們卻只說，這是我應該做的。這讓我覺得傷心與失望。」

不同於顏凱莉的父母，如今的新一代移民家庭已經不像老一代那麼要求嚴苛。然而，和美國父母相比時，他們還是要更在乎孩子的教育和個人發展。

梁女士曾一直與她的丈夫、兩個孩子一起住在摩頓市。最近，他們剛剛搬入了車程40分鐘遠的另一個城市。大部分的原因是因為想要給孩子找一個好的學區。

梁女士說：「我兒子今年準備進入小學，我希望能給他找到一個好學區。」

梁女士和她的家庭由於工作遷移的關係，2006年來到美國。兩個孩子都是在美國出生的。

她說：「我覺得我遠沒有國內的家長要求嚴格，但我還是需要給孩子一點點的壓力促進他們成長。」

她五歲的大兒子已經學了將近一年的鋼琴，而她將小女兒送進了芭蕾舞班。

梁女士說道：「我不想未來那麼遠的事情，我只希望孩子們能夠學會中文。但如果他們真的非常不想學，我也不會給他們施加太大的壓力。我希望他們選擇自己想做的事。」

## Cheriton Heights家庭房屋 James M. Salah

### 長者經濟房屋租賃良機

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申請者本人可到以下地址和時間內領取申請表：

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2013年4月8日至2013年4月22日  
星期一至星期五，上午9:00至下午5:00

2013年4月8日和2013年4月9日  
星期一和星期二（下午6:00至下午8:00）

2013年4月13日星期六（上午9:00至中午12:00）

你亦可致電並要求郵寄申請表給你

Cheriton Grove公寓：617-325-1913

申請表遞交截止日期：2013年4月29日

填妥的申請表可在截止前遞交至Cheriton Grove公寓或郵寄至以下地址，郵戳需不遲於2013年4月29日

Cheriton Grove Apartments

20 Cheriton Road, West Roxbury, Ma. 02132

注意：該公寓是非吸煙建築

歡迎Section 8持有人申請。租金有一定的支付標準。租金和入息限制以HUD的章程為基礎。

該公寓將以抽籤形式派發。入息和使用限制適用。

有關殘疾人士的合理住宿需以本人口頭或書面形式提出申請。

申請人在入住時必須年滿62歲或以上。

該公寓共有5套擁有CBH設置的公寓預留給有需要的殘疾人士，以減低他們在居住上的不便之處。

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無家可歸人士將可優先申請該公寓。

最多將有70%的公寓住房優先給波士頓市居民申請。

## 公眾資訊會議

2013年4月10日星期三，下午1:00

地址：

Cheriton Grove Apartments

Community Room

20 Cheriton Rd.

West Roxbury, MA 02132

2013年4月17日星期三，下午1:00

地址：

The Community Builders

3rd Floor Conference Room

95 Berkeley Street

Boston, Ma 02116

\* 鼓勵但是不強制申請人參與該會議

## 2013年入息限制

人數	30%入息 中位數	50%入息 中位數	60%入息 中位數
1	\$19,850	\$33,050	\$39,660
2	\$22,650	\$37,800	\$45,360

## 公寓租金百分比

單位 數量	房間 數量	租金	中位數 百分比
31	1	30%的入息調整	50%
23	1	\$1,062	60%
7	1	30%的入息調整	30%





## 華美福利會舉行 職業培訓課程畢業典禮

由華美福利會撰寫

華美福利會將於3月21日為其建築維修技能培訓課程和汽車維修培訓課程學生舉辦畢業典禮。本屆合共有29名學員完成課程。

Runxin Li是2012年度12月份建築維修技能培訓課程畢業生。他來自中國。跟很多新移民一樣，他只能從事一些低收入及低技能的工作，如外賣店廚師或巴士售票員。他從朋友口中得知華美福利會的建築維修技能培訓課程，便毅然報名。在完成課程後，他便在一間華人經營的房地產公司Cynergy Realty任職維修技師，擁有穩定的工作及收入。

華美福利會執行主任李秋明表示，致力為新移民尋找穩定、有晉升機會的工作是其職業技能培訓中心的宗旨。

華美福利會的職業技能培訓

中心的運作是得到一眾政府部門、私人機關及基金會的支持，如波士頓市經濟發展與工業集團(EDIC)、麻州中小學教育部、大都會北總區就業局(Metro North Regional Employment Board)、波士頓市社區發展辦事處、南岸職業發展管理局(South Coastal Career Development Administration)、道富集團(State Street Corporation)、紐約梅隆銀行的哈里特B.貝利信託(BNY Mellon Harriet B. Bayley Trust)、國泰銀行(Cathay Bank)、美國國民銀行慈善基金(Citizens Bank Foundation)、東方銀行慈善基金(Eastern Bank Charitable Foundation)、美國銀行慈善基金會(The Bank of America Charitable Foundation)和塔芙茨醫學中心。

## 昆士市歡慶蛇年

左成鳳報導



春節聯歡時讓小朋友學打麻將。圖片來自左成鳳。

昆市亞裔協調會(QARI)的第二十五屆中華春節聯歡慶典於3月10日在北昆士高中隆重舉行，從2月24日下雪後延期兩週。本次活動共有近200名員工以及志願者參與，至少7000人出席了活動。

慶典包含了舞獅表演等各類文藝節目；當地的餐館還提供了誘人的亞洲美食；觀眾們還參加了很多有趣的遊戲以及在許願樹上寫下了自己的新年願望。

QARI的執行主任John Brothers說道：「春節聯歡有很多層意義，它不僅慶祝了昆西亞裔的文化，也為亞裔以及非亞裔朋友們提供一個認識並且交流各自傳統的機遇，同時還給我們一個合作擴張社區服務的契機。」

慶典最後，100家賣主在高中的體育館支起了小攤開始推銷，例如房地產、保健以及就業，該活動主要針對昆士華人以及越南人口的服務。這次外展活動中還有志願者散發選民登記表。昆士市南灣青年會還在體育館內建立了一個「家庭娛樂場所」。道富銀行全球拓廣部

門還資助了一個可以讓志願者們教孩子們如何用回收資源來製作蛇以及小鼓的「綠色區域」。

Brothers說：「讓這麼多朋友聚在一起的機會已經很不容易了。看到他們能夠如此融洽地慶祝新年並且團結在一起，讓我感到非常欣慰。我們本來對這次活動的預期沒有那麼高，但是結果卻讓我們非常滿意。我們亦收到了很多正面的回饋。」



中國舞蹈表演於3月10日在北昆士高中。圖片由左成鳳提供。

The Massachusetts Department of Transportation invites you to a SCOPING SESSION to discuss the Environmental Notification Form (ENF) for the **South Station Expansion Project!**

麻州交通部誠意邀請您參加就有關波士頓南站擴展項目，討論環境須知表格(ENF)的準備會議！

Monday, April 1, 4:00 PM to 6:00 PM  
One South Station  
Second Floor (Atlantic Avenue Entrance)  
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2013年4月1日星期一，下午4:00至下午6:00  
南站1號  
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The purpose of this session is to give the public an opportunity to voice their ideas about what should be in the scope of the environmental review. We encourage you to attend the Public Scoping Session and share your valuable ideas about the future of South Station.

To read the ENF and learn how to make formal comments, please visit the project website at

[www.massdot.state.ma.us/southstationexpansion](http://www.massdot.state.ma.us/southstationexpansion).

If you have questions about the project, please contact Kate Fichter at MassDOT's Office of Transportation Planning [katherine.fichter@state.ma.us, 857-368-8852, or (TTY) 857-368-0655].

This meeting is accessible to people with disabilities and those with limited English proficiency. To request accessibility accommodations and/or language services please contact Kerri Chace at 617-357-5772 x16 or kchace@reginavilla.com.

該會議的目的是在關環境審查的範圍內，給公眾一個機會去發表他們的想法。我們鼓勵您出席這個公眾準備會議，就有關波士頓南站的未來發表並分享您的寶貴意見。

如需閱讀有關環境須知表格(ENF)和學習如何發表正式的評論，請瀏覽該項目的網站：

[www.massdot.state.ma.us/southstationexpansion](http://www.massdot.state.ma.us/southstationexpansion).

如果您有任何有關這個項目的疑問，請致電麻州交通部交通策劃辦公室  
Kate Fichter: 857-368-8852 或 (TTY) 857-368-0655  
您亦可電郵至katherine.fichter@state.ma.us進行諮詢。

這個會議將便於殘疾以及英語能力有限的人士參與。

如需殘疾輔助和/或語言服務的，請聯絡：

Kerri Chace: 617-357-5772 x16 或電郵至kchace@reginavilla.com。



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## 華埠社區聯盟談論 美籍華裔歷史

黃靈美報導

華埠社區聯盟3月14日在波士頓華埠社區中心舉行會議。

會議中，麻州交通部規劃部門主任Kate Fichter提出了「南火車站擴展計劃」。由於本計劃僅處於對今後三年的規劃階段，目前並沒有實施動工。

如今的南火車站由於較小的規模，無法滿足從波士頓到紐約以及華盛頓甚至麻州周內等地的交通運輸量。Fichter說道：「我們目前計劃在現有南火車站的基礎上建造一個更大的車站，計劃的核心是想把南站移到目前郵局的位置，來方便我們開通多切斯特大道。」

多切斯特大道位於南火車站後是重要的大車道，並且減緩大西洋街的交通問題。Fichter表示，本計劃對於擴張地點的環境報告表格已經與3月15日上交。

華埠龍騰董事會會員王柳娥表示：「我非常期望在南火車站看到一些指向華埠的標誌。」

更多關於南火車站信息請登陸網站[www.massdot.state.ma.us/southStationExpansion](http://www.massdot.state.ma.us/southStationExpansion)。

會議中，張大偉向大家展出由MIT退休教授李燦輝同紐英倫華人歷史協會一起組織創作的「華埠地圖」。華埠地圖是一個記述華埠發展歷史圖集，包括地圖、照片以及

報紙的剪輯。

張大偉介紹說：「李燦輝還計劃創立一個記錄華埠建築發展的多媒體網站。有一個據點，我們結合並將很多元素包含在當中，例如移民法和各個年份發生在波城其他地方的事件。這也是為什麼他為此取名為地圖集。」

華埠地圖集原先在華埠龍騰展出，現在位於87號泰勒街，中華廣教學校。

王柳娥報告2月25日華埠龍騰讀書室停止運作：「這十個月時間是非常成功的，很多朋友對此都非常感興趣也投入了很多精力。」

讀書室會對華信屋居民繼續開放。讀書室會有兩名亞裔社區發展組織的塔芙茨大學志願者。其中兒童書以及筆記本電腦可以使用，但是一些珍貴的中文歷史書要等到華埠龍騰安頓下來才對外開放。王柳娥表示這個計劃還缺董事會會員。

紐英倫華人歷史協會在赤字運營幾年後，於3月裁減了執行主任的位置。今後，位於寶來斯頓街2號的協會將由一個辦公室主任和志願者共同運作。

下一個華埠社區聯盟會議將於4月11日召開。會議將主要討論青年發展。

## 兩位議員離開 華埠社區議會

黃靈美報導

華埠南灣社區議會在3月18日於紐英倫中華公所召開會議。會議中宣部議員黃國威退出議會，余俊明在二月會議上不完全投票後被移除議員名單。

主席陳灼堃提出重新考慮關於二月開除余俊明的投票。儘管議會已經投票開除他，但並沒有進行是否留下他的投票，也沒有詢問成員是否選擇棄權。陳灼堃說：「這只是繼續我們未完成的工作，在章程內進行合法的重新考慮。」

梅伍銀寬和黃國威都離開了會議。黃國威說：「如果你們一直這樣通過決定後再反悔，我還是辭退這個工作。」

在2月19日會議上的18名議員進行了三分之二選舉，11名投票開除余俊明，缺少一票。其他7名成員包括兩名缺席成員、梅伍銀寬、黃國威以及余俊明，但余俊明自己不能參與投票。剩下的兩名成員再次投票決定開除余俊明。

余俊明說道：「華埠還有很多工作需要去完成，為什麼要開除我？」

Veolia Energy舉行了關於供汽管維護的演講，提議關閉屋街從華盛頓街和夏里臣街到夏里臣街和泰勒街的人行道和停車道共一個月。議會決定在月底內進行投票表決。

W酒店發表其對旗下夜店進行管理的計劃，提出由Sweet Cheeks和Storyville的老闆Brian Lesser進行管理。議會通過了該計劃。

Lesser說：「Storyville在後灣已有11年歷史。後灣地區是一個有酒店的居民區，就像華埠有W酒店。唯一的區別是我們的容納量是510人。我們沒有任何的問題，在社區裡相處得很和諧。」

## 紐英倫余風采和黃氏宗親會 的新年慶祝

黃秋虹報導



余氏宗親會的成員為觀眾帶來娛樂。圖片由黃秋虹提供。

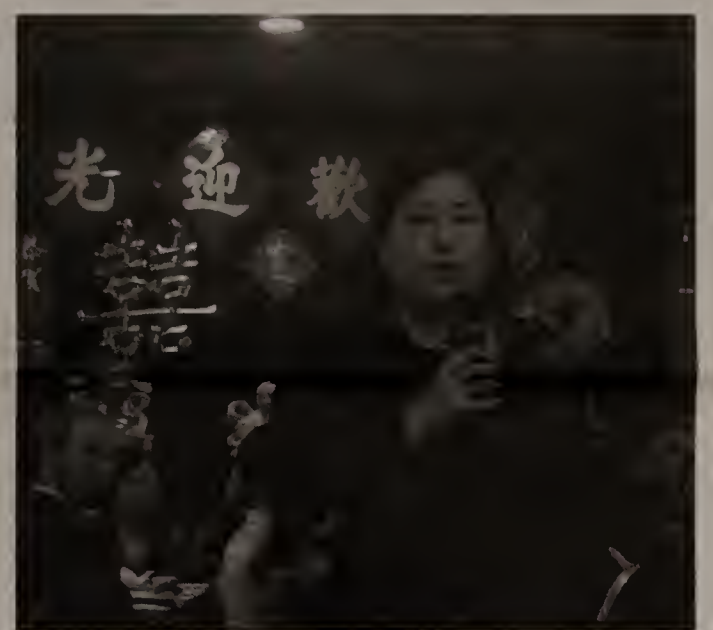
紐英倫余風采和黃氏宗親會在華埠帝苑酒樓歡慶蛇年新年。余風采的活動在3月9日舉辦，黃氏晚餐在3月10日。

活動當晚特有社區團體帶來舞獅和武術表演，組織成員和嘉賓帶來歌舞表演。

麻州議員Anthony Petruccelli在余風采宗親會的晚餐上說：「我們在波士頓東部慶祝新年的方式和在其他社區不一樣，這讓波士頓成為一個充滿生氣的城市。」

特別嘉賓包括麻州和地方議員。還在手術康復期的波士頓市市長曼寧諾亦參加了黃氏宗親會的晚餐，他祝願所有到場嘉賓新年健康快樂。費契堡市市長Lisa Wong和她的父母一同出席新年晚餐。

在兩次活動上，麻州議員Donald Wong、陳德基和麥嘉威出席



費契堡市市長Lisa Wong在王氏宗親會晚餐上發言。圖片由黃秋虹提供。

代表麻州議會辦法聲明。

另外，在慶祝會上，學業優異的學生獲得了獎學金的頒發。



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# 康樂樓為長者擴建

黃靈美報導



新康樂樓保持原本的外觀。圖片均由黃靈美提供。

康樂樓雖然外表看起來古老，但內部實際上是一個嶄新的鋼筋建築，內含高天花板與木地板，能俯瞰愛惜士街。

毗鄰公共交通設施、餐館以及豪華的公寓，康樂樓的價格卻很實惠。樓裏總共含有74套房屋，包含一房的公寓以及一房一廳的公寓。平均房屋月租價低於\$500。樓內設施包括一個為社區開放的老年中心、一個屋頂花園、太極甲板以及緊急呼叫按鈕。

康樂樓原先曾是諾曼底休息室（Normandy Lounge），1981年由中

華耆英會購買與建設。樓內共有28套專為低收入長者設立的房屋。

中華耆英會行政主任梅伍銀寬回憶道：「在此之前，這個地區非常糟糕。建造康樂樓讓整個環境進步了許多。」

近幾週，樓內39名住戶跟4名曾經無家可歸的人將被轉移到康樂樓重新翻修好的第一期。舊的木製康樂樓將會拆除，留住原來的木制外觀。裡面會再起個鋼筋建築，預計2014年會跟第一期連在一起。

負責管理康樂樓的非營利房地產開發商羅傑森社區公司副主席



康樂樓的住戶與梅伍銀寬（右二）。

Anne Morton Smith說：「在華埠生活非常方便。住房旁邊有塔芙茨醫療中心、好吃的餐館以及方便的交通均觸手可得。」

康樂樓的重建由23個公共單位以及私人捐助，共花費大約三千萬美金。據梅伍銀寬說其住房候補名單長達7至8年。而康樂樓第二期的名單2013年底才開放。



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## 攝影師記錄華裔貢獻

左成鳳報導

塔芙茨大學於斯萊特畫廊於3月6日舉辦了名叫『一個叫亞裔美國的地方』的攝影展覽。

展覽一直持續到3月29日。本次主要展出的是華裔攝影師李揚國（Corky Lee）的作品。李揚國的攝影主要體現了美國亞裔對美國作出的鮮為人知的貢獻。

在開場接待會上，李揚國對50人觀眾說：「是越南戰爭讓我開始關注並且實踐攝影，我當時拍攝了很多在集中營的日裔美國人的照片。而這些我從來沒有在課本上學到過。」

雖然只有24幅作品，但是每一幅都體現出亞裔群體貢獻的多樣性，從駕駛錫克摩托車到在寺廟讓一對柬埔寨雙胞胎被佛祖開光祝福。『一個叫亞裔美國的地方』還將一整面牆留給『正義攝影』來回顧亞裔歷史，比如華裔陳果仁（Vincent Chin）與陳宇暉（Danny Chen）的抗議遊行照片和華裔Connie King在歷史悠久的加州魯克市培植『廁所花園』的照片。

這次攝影展覽不僅是關於照片，它還支持美國亞裔研究輔修。美國研究學者Jean Wu 通過20年的努力將亞裔研究搬上了歷史舞臺。

李揚國建議出席者在留言本上簽署自己的名字來支持亞裔研究。「我們需要人們的支持，讓亞裔的研究最終能夠從輔修變成主修。」

Wu的四個亞裔研究學生是本次展覽的館長。他們專程到紐約去認真研究李揚國的上百張攝影作品。



攝影師李揚國於3月6日塔芙茨大學攝影展。圖片由Karen Tsou提供。

作為館長之一的Zoe Uvin表示：「這是一個非常難得的機會。我們能通過攝影展覽向學校宣傳亞裔研究輔修專業。因為這個專業剛剛成立，我們非常希望有人對此感興趣。」

另一個館長Esther Kim說道：「李揚國做的是一件非常偉大的事情。我們會不斷弘揚亞裔對美國的貢獻，即使從塔芙茨大學畢業以後。」

一個觀眾詢問李揚國關於一張他在猶他州Promontory Point 拍攝的橫貫大陸鐵路華裔工人後裔的故事。李揚國說，1879年，鐵路完成後，華裔工人在拍照片時被排除。他曾經請國家公園騎警把這張照片掛在他選好的地方，但不知道騎警有沒有兌現他的請求。

## 社區組織要求增加經濟房屋

黃靈美報導



華埠居民會3月13日為經濟房屋示威，加入全國性抗議。圖片由黃靈美提供。

社區積極分子3月13日組織居民抗議。華人前進和會華埠居民均參加了該次抗議。

華埠居民會主席余仕昂說：「華埠附近正在起建數千套豪華公寓，但經濟房屋只有不到一百套。我們不希望華埠成為一個沒有華人居住的地方。」

超過150名抗議者聚集在State Street地鐵站，隨後轉移至夏里臣街和愛惜士街。他們對銀行和房地產公司，例如美國銀行和房利美公司（Fannie Mae），反覆地用英語、粵語和西班牙語喊著口號。

參與的組織包括切爾西合作會（Chelsea Collaborative）、城市生活（City Life Vida Urbana）、北岸租房協會（Northside Bank Tenant Association）、Lynn

United for Change、Alternatives for Community and Environment以及波士頓工人聯盟（Boston Worker Alliance）。



抗議的終點站在華埠。圖片由黃靈美提供。